

MIDDLE SCHOOL PRE-TEST/POST TEST

1. What does deployment mean?
2. What is the capital of the country where your family member is temporarily living?
3. Name one positive feeling and one negative feeling you have about your family member being at war.
4. List five people you can talk to you if you need extra support.
5. What is a solution if you start to feel anxious about your family member being at war?
6. What does resilience mean?
7. On a scale of 1-10, how do you feel right now? (1 = very sad, 10 = very happy)

1	2	3	4	5	6	7	8	9	10
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SESSION 1: WALL OF HONOR

Session Time: 45 minutes

Objectives:

- Students will meet others who have a family member at war
- Students will create rules for group (with the help of the school counselor) and get a brief overview of the group sessions
- Students will learn about each other and the deployed family members

Materials:

- Wall of Honor worksheet
- Markers/crayons
- Wall of Honor bulletin board already set up in the room or in the hallway
- Journal for each student (see journal pages in Appendix A)
- Pre-test
- Writing utensil

Activity:

- Begin by welcoming the students to group. Explain the group's purpose and that each student is coming because he/she has a family member currently in the war. Let them know the group is being formed to allow the students to support each other and to create a safe environment for learning about different topics related to deployment. Give the students a brief overview of the group sessions.
- Explain that rules are important to make sure everyone feels comfortable. Make a list of rules with the help of the students in the group. Explain confidentiality rules.
- Hand out the pre-test to the students. Have them fill it out and hand it in before you proceed to the next step.
- Hand out journals. Tell students they will have many opportunities to write and draw in their journals throughout the group, especially for work between group sessions.
- Make sure all group members, especially the younger ones, understand the word "deployment." Deployment is the name given to the movement of an individual or military unit within the United States or to an overseas location to accomplish a task or

mission. The mission may be as routine as providing additional training or as dangerous as a war. Allow students to ask questions about war/deployment/etc.

- Hand out Wall of Honor worksheet to students. Explain to students that this is an opportunity for them to honor their loved ones at war. Show the students the Wall of Honor and talk about what it means to honor someone.
- Ask students to fill out the information on the worksheet. Explain that this sheet will be put on the Wall of Honor so everyone can learn about each other and deployed family members.
- Give students time to draw a picture of themselves and their family member. Assist students, as needed, to fill out the rest of the information.
- Ask students to share their Wall of Honor worksheet before posting it. Have them say, "My name is _____, and this is my family member I want to honor."

Process:

- Ask students to name one thing they enjoyed about the group today.
- Ask the students how they feel about the group in general. Do they think it sounds like something they will like? Are they nervous? Excited?

Evaluation:

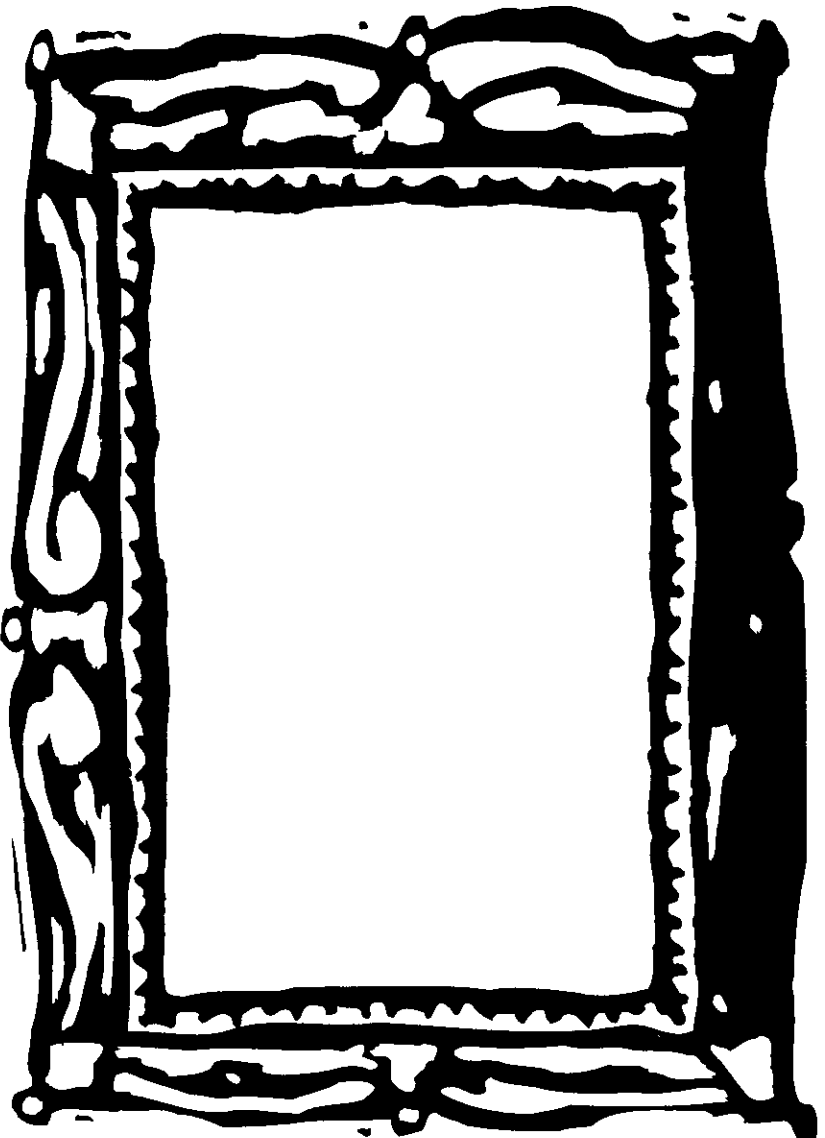
- Ask students to share something they learned today, whether it is about the group sessions, something specifically about one of the other group members or a new vocabulary word.

Homework:

- Write in your journal about how you feel about being in the group. Write as if you are writing a letter to your family member, and tell him/her about what you are going to learn in the small group.
- Bring in a shoebox and old magazines for the next group session. (Note: Make sure to have extras in case the students forget.)

Wall of Honor Worksheet

Draw a picture of you and your family member:



This is _____

I am proud of him/her because:

I miss the following about him/her:

My favorite thing to do with him/her is:

An interesting fact about my family member is:

An interesting fact about me is:

SESSION 2:

PATRIOTISM

Session Time: 45 minutes

Objective:

- Students will learn what patriotism is and how they can be patriotic
- Students will discuss their family members and the significance of patriotism, especially during times of war

Materials:

- Shoeboxes (one for each group member)
- Old magazines and newspapers
- Scissors
- Glue
- Flag pictures or stickers
- 20 Ways to be Patriotic in Your Own Community (see p. 15)
- Other optional ideas: flag/star stickers, glitter to decorate boxes

Activity:

- Open this activity by telling the students that today they are going to make honor boxes for their deployed family members. Check for understanding of honor (follow-up from first small-group session).
- Show students flag sticker/pictures/etc. you've gathered and explain that they can use the stickers to decorate their honor boxes, but they have to earn the stickers/coupons. Tell the students the topic of the day is patriotism. Explain that you will hand out a flag sticker to group members who contribute and take turns sharing.
- Ask some or all of the following questions about patriotism:
 - What is patriotism? (love of country and willingness to sacrifice for it)
 - What are some patriotic holidays?
 - How is our school patriotic?
 - Why is it important to be patriotic?
 - Who do you know who is patriotic? Why?
- What are some things we can do to be patriotic in the United States? Pass out 20 Ways to be Patriotic in Your Own Community handout. Use this worksheet only if students are having a hard time thinking of ways to be patriotic or as a supplement.

- After discussing patriotism, explain or restate that one way to be patriotic is to honor and support those who are serving our country.
- Explain to students about the honor boxes they will make for their deployed family members. Students will use these boxes to store items from the small group for their family members. At the end of the group, students will either keep the box at home for their family member or mail it to their family member, depending on whether the school has the funds to mail the box, if the family member is able to receive mail, etc.
- Using the magazines and newspapers, ask students to cut out and glue words or pictures that represent their family members at war. Also, cut out anything that reminds them of the word “patriotism.”
- Tell students they will be able to share two or three pictures or words from their box with the group.
- While students are working, talk to them about what they are cutting out and its significance. This will promote discussion about their family members and patriotism.

Process:

- Ask students to share two or three items on their honor boxes with each other. Encourage students to talk to each other and find connections within the group. Make comparisons between boxes to help students feel connected with other students in similar situations.

Evaluation:

- Ask for a definition of patriotism.
- Ask students to talk about one thing they have done to be patriotic and one thing they would like to do to be patriotic.
- Ask students how they were patriotic today in small group.

Homework:

- Journal: Write a thank you letter to put in your box telling your family member why you appreciate him/her. Tell the family member about patriotic things you are doing here at home.

20 Ways to be Patriotic in Your Own Community

1. Tie red, white and blue ribbons on trees.
2. Attend rallies to show support for troops.
3. Distribute flags and put flags up at home and in your neighborhood.
4. Communicate with soldiers through letters or e-mail.
5. Do a good deed on behalf of service members.
6. Visit a VA hospital or a nursing home.
7. Volunteer in your local community.
8. Reach out to families with a family member in the service.
9. Write a poem or create a piece of art about what America means to you.
10. Learn the Pledge of Allegiance in sign language. Visit the following Web site to learn ASL signs: *<http://commtechlab.msu.edu/sites/aslweb/>*
11. Learn a patriotic song (“America the Beautiful,” “The Star-Spangled Banner,” etc.)
12. Learn about other American symbols (other than the flag) and what they stand for.
13. Visit a historical site, museum, memorial or park in your community.
14. Plant a flower or tree to honor those serving in war.
15. Learn the first 10 amendments to the Constitution.
16. Find out the history of “The Star-Spangled Banner.”
17. Recognize patriotic holidays.
18. Say the Pledge of Allegiance
19. Create a bulletin board at school honoring those at war.
20. Say “thank you” to those who serve our country.

What else can you do to show your patriotism?

List sources:

www.defenselink.mil/releases/2001/b10302001_bt556-01.html

www.scouting.org/media/rwb

www.girlscouts.org/

